



# The EAGLE

For the employees of the Coatesville VA Medical Center ~ October 2009

## A Message From the Director



Dear fellow employees:

There is no higher calling in life than serving others. At CVAMC, we do this every day and we are especially reminded of our mission to serve and honor the men and women who are America's Veterans during Veterans Week. We are all looking forward to this year's great line up of events, including special recognition for our WWII Veterans, as 36 of them serve as parade Grand Marshals. They'll be leading the procession in style on an amphibious "Ride the Duck" vehicle, which is based on the actual WWII DUKW vehicle. And, this year, for the first time, we are hosting a Veterans Banquet in the Community Living Center to give the residents a nice dining experience in their honor.

I consider the Combined Federal Campaign (CFC) to be another way that we can serve others. This year's campaign theme is "I Can. Now More Than Ever". As federal employees, even in the current economic turmoil, we are fortunate to live with reliable, adequate incomes. Many people are having a much different experience these days, and it makes the work of non-profit organizations that much more important. Please consider donating to this noble cause, and help make our only fundraiser a huge success.

Gary W. Devansky  
Director

## Welcome, Robin Aube-Warren



Robin joined us as associate medical center director in August. In her position, she oversees all facility operations. Robin began her VA career in 1992 as a police officer. Over the past 15 years, she has served as chief of police at Asheville VAMC, NC, Carl Vinson VAMC, located in Dublin, GA and most recently at Memphis VAMC, TN. Robin was an airborne military police officer in the United States Army. In 2006, she retired from the US Army Reserves with the rank of major. She holds a baccalaureate degree in French from the

University of Florida and a master's degree in education from Troy University.

Robin believes strongly in the value of staff development. She is very happy in her new position and loves the area. Robin has enjoyed meeting many of the Veterans and working with the staff, who have been welcoming and gracious. She enjoys reading and spending time with her husband and two children; one of their favorite activities is RVing.

Kirk has been in the military for 24 years and recently returned from his second tour in Iraq. He attended Gannon University and Edinboro University, earning a Bachelor of Science degree in Education. He also attended the U.S. Army Command & General Staff College and is instructor-certified by the NATO (North Atlantic Treaty Organization) School.

Kirk hopes to continue the work of Andy Pahountis, recently retired director of C&CA, who tirelessly advocated for Veterans at CVAMC. He enjoys spending his free time with his wife and two sons. Kirk also enjoys photography, jet skiing, biking and traveling.

## Welcome, Dr. Michael Gliatto

In July, Dr. Michael Gliatto joined us as the associate chief of staff of Mental Health. Previously, Dr. Gliatto was chief of Mental Health at Philadelphia VAMC from 2004 until 2009. Prior to that, he worked on both the Central Intake and Inpatient Psychiatry units at PVAMC. He holds a Bachelor of Science degree in Biology from Villanova and his Medical degree from St. Louis University. He completed residencies in psychiatry and internal medicine at the University of Pennsylvania and Hahnemann University Hospital, respectively.

One of Dr. Gliatto's main goals is to further integrate the many components of the Mental Health Service. He is married with two sons and he enjoys reading and running.



## Welcome, Kirk Fernitz

Kirk is the new director of Community & Congressional Affairs. Kirk's face is familiar around CVAMC; he began working here as an education therapist 20 years ago and most recently was staff coordinator for Patient Care Services.





## Welcome Home American Heroes

Coatesville VA Medical Center hosted the 3rd Annual Welcome Home Celebration on Saturday, August 29, 2009. Though the event was planned as an outdoor picnic and festival, the weather did not cooperate. Moving the celebration indoors proved to be the best alternative. More than 200 Veterans and 150 family members attended and about 75 volunteers, many of them employees, ran the event with 42 exhibitors displaying information about their programs.

The celebration began with a moving rendition of the "Star Spangled Banner" by the Tiller Sisters, which includes employees Rosalind Phillips and Carol Bell, and a heartfelt speech by Jason Nielson, US Army (Retired) and member of the Military Order of the Purple Heart. Mr. Devansky, Senator Andy Dinniman, Representative Tom Houghton, and Bill Walsh, representing Congressman Joseph Sestak, all addressed the crowd.

Once the program was complete, our hard-working volunteers served a delicious lunch of hamburgers, hot dogs, potato salad, chips, soda and cake. Many attendees enjoyed their meals inside while listening to live music by local artists "Quaker" Dave and Kevin Ferguson, as well as "Oldies" band, Threshold. Others enjoyed their lunches outside at the picnic tables.



At the center of the event were the many exhibitors who gathered in the Great Hall. These exhibitors provided valuable guidance and comprehensive information about VA benefits, eligibility and enrollment, health care services, veterans service organizations, outside programs and employment opportunities. Topics of particular interest included post traumatic stress disorder and women veterans health.

We also had a lot of fun! Between live music, face-painting, Arts & Crafts and a magic show by local performer, Kevin Joyce, a good time was had by all! The celebration would not have been possible without the hard work of the Welcome Home Celebration

committee and many volunteers. Thanks to all and we hope to see you again next year!



**WELCOME HOME  
AMERICAN HERO**

**Thank you,  
volunteers**

Because the Welcome Home Celebration was moved inside at the last minute, it eliminated many jobs that volunteers were signed up to do. We apologize to anyone who volunteered and did not feel busy throughout the celebration. We do appreciate your time and enthusiasm and hope to count you as a volunteer again next year.

### Welcome, Juanda Alston

Juanda joins us as the nurse educator/consultant for Geriatrics & Extended Care. She provides new nurse orientation and professional development for G&EC. As a consultant, she serves on many medical center committees including Bed Management System and SPD (Supply, Processing and Distribution) Board Management Committees.



Previously, she's held a variety of roles in both nursing and nursing education which helps her to think broadly in this role. She holds Bachelors of Science degrees in Health Planning and Administration and Nursing from Penn State University and Newman College, respectively. She holds a Master of Business Administration degree from West Chester University.

Juanda is honored to work with Veterans and values the opportunity to learn something new. She enjoys spending free time with her husband and daughter. Interestingly, cake decorating is a favorite hobby of hers and she has been dubbed her nephew's official "cake maker".

### Getting Acquainted With CVAMC

Robin Aube-Warren, our new associate director, and a team of representatives from Facilities Engineering Service and Environmental Management Service have been out conducting environmental rounds on all of our inpatient units. As a new member of CVAMC's leadership team, Ms. Aube-Warren has initiated



these special rounds as a way to become more familiar with the physical environments in each of our units. These rounds have also provided her with an opportunity to meet staff members and to learn more about the needs and goals of each unit. Ms. Aube-Warren is committed to ensuring that the Veterans we serve are cared for in the best environments possible.

# NEWS

## Veterans Week Celebrations

Please join the medical center in celebrating Veterans through various activities taking place from November 3rd through November 11th, Veterans Day. For more information and event details visit the Website at [www.coatesville.va.gov](http://www.coatesville.va.gov) or call Judi Ebelhar at extension 2241.

## Recycling Committee News

On Earth Day, April 22nd, 2009, the Recycling Committee set to work cleaning up the front hill litter. Also in the spring, they spearheaded an initiative to recycle the soap and sanitizer dispensers that were replaced at that time throughout the medical center. These items were made out of a highly desirable type of plastic that a vendor was willing to purchase. With the help of CWT workers, the project was completed with CVAMC realizing a pay back of about 10 cents/lb. for the old dispensers, a win-win. If you're interested in getting involved with the Recycling Committee, please call Lewis McCullough at extension 3402.

## Take Our Daughters and Sons to Work Day

On April 23rd, 2009, CVAMC took part in the national, public education program designed to connect what children learn at school with the working world. More than 30 children attended the program put on by the Federal Women's Program.

Highlights of the day included presentations from Primary Care, Research, Team River Runner, Pet Therapy, Voluntary Services, Police Service, and several WWII Veterans. The day also featured more in-depth demonstrations from the Decontamination Team, Nursing Education, the Fire Department, Library and Nutrition & Food Service.

## Pennsylvania National Guard Stryker Brigade Returns Home

From August through October 2009, Soldiers of the PA National Guard 56th Stryker Brigade returned to the US through Fort Dix in New Jersey. VISN 4 sent many representatives to ensure that each returning service member was informed of his or her eligibility to access five years of free VA health care for any possible service connected injury or illness along with a host of other services. This was the largest deployment of the PA National Guard since World War II. Stacey Castel, OEF/OIF program manager, and Sam Ficchi, chief, Health Administration Service represented Coatesville VAMedical Center.

## Protect Yourself From The Flu

The flu spreads easily. People can spread the flu virus to others one day before they feel sick and up to seven days after getting sick. Symptoms of the flu can include fever, cough or sore throat. You may also have a runny nose, muscle or body aches, headache, chills, and fatigue. Some people with H1N1 flu may also have gastrointestinal symptoms.

You can help avoid spreading the flu if you do the following:

Remember to cover your coughs and sneezes and wash your hands often (especially after coughing and sneezing).

Get vaccinated against both the seasonal and the H1N1 flu when the vaccines are available. Vaccination is the best way to prevent the flu.

To stay informed on how you can protect yourself and your family from the flu, visit the main Federal Web site at [www.flu.gov](http://www.flu.gov) and VA's sites at [www.publichealth.va.gov](http://www.publichealth.va.gov) and [vaww.publichealth.va.gov/h1n1flu](http://vaww.publichealth.va.gov/h1n1flu).

## Good News

The High Performance Development Model Academy 2009 celebrated graduation on September 19th. The following employees enjoyed a visit from Associate Director Robin Aube-Warren and a piece of cake: Cammie Markward, Keith Smith, Deborah Eustice, Bonnie Legutko, Cathy Boyd, Rose James, Mary Haines, Yvonne Ray, Kim Pouncy, Crystal Allen, Alejandra Valderrama, Ernest McMullen, Jen Sewilam, Terry Avila, Bernadette Hayburn, Karen Madrigal, Judith Byrne, Bernice Ridgel, Ivy Jackson, Wanda Rubio-Torres, Johndah Hammond, Dawn Bullen, Victoria Robinson, Rose Miller, Noranne Kocher, Arlington Johnson, Connie Vincenzini, Kevin Henry, Iris Stevens, and Joann DeLibero.

Nina Yentzer, educator consultant, was recognized by Senator Andrew E. Dinniman of the 19th Senatorial District, for her commitment and dedication to the Chester County Health Care Partnership (CCHCP).

Sue McConnell, evening staff nurse, and her husband, Reverend Robert McConnell, former CVAMC chaplain, celebrated 24 years of marriage on September 7th, 2009.

Brenda Walls, Education & Staff Development, married longtime love, Curtis Reeves on September 12th, 2009.

Nicole Kready, recreation therapist on 39A, recently became engaged.

Noelle Raytik, Primary Care, and her husband, Michael, celebrated 25 years of marriage on October 19th.

Mary Eill, Education & Staff Development, became the proud grandmother of Alex Steven Tarasca on September 16th, 2009. Alex weighed in at 8lbs 2oz. Mom, dad and baby are doing great!

## NEW Personal Identity Verification(PIV II) Cards for All Employees

In August 2004, President George W. Bush issued a directive that mandated new standards for secure and reliable personal identification for all federal employees and contractors. The Department of Veterans Affairs is meeting these new standards with the establishment of a new card, PIV II. This card contains a computer chip that allows it to receive, store, recall and send information in a secure method. The card's main function is to secure information and physical access to secured areas.

On August 24, 2009, CVAMC began the transition to the PIV II card. While the transition is occurring, employees will be required to display both the older identification card and the PIV II card. Employees will be notified when they should report to complete card issuance process. Employees should bring two forms of identification and allow about one hour to complete the process. Questions can be directed to Nelson Stydinger at extension 4661 or Scott Viola at extension 4659.



## What is Open Season?

Open Season runs from November 9th through December 14th. It is your once yearly opportunity to choose health, dental and vision insurance coverage. During this time, you should review your options regarding health insurance (FEHB), dental and vision insurance (FEDVIP), and health care and dependent flexible spending accounts (FSAFEDS).

### Here are the basics:

- Most FEHB plans will see benefits and rate changes for 2010. Some plans are dropping out of the program and others are changing their service areas or coverage options.
- FSAFEDS accounts will not continue automatically; you must reenroll.
- You cannot enroll, alter, or cancel your coverage in these programs outside of the Open Season, unless you experience a Qualifying Life Event.
- To learn more and have your questions answered, come to the CVAMC Health Fair on Thursday, November 12th from 8am through 4pm in Building 5, the Great Hall.
- For full details, visit <http://www.opm.gov/insure/openseason/>

## **MOVE!** Veterans Tour Local Supermarket



Anyone who is trying to eat healthy and lose weight knows that visiting the supermarket can be a challenge. Recognizing this, CVAMC dieticians arranged for Veterans enrolled in the MOVE! (Managing Overweight Veterans Everywhere) program to tour Wegmans in Downingtown.

Elaine Palla led the group through the dairy, produce, meat, and seafood aisles and the bakery. She advised on how to eat a healthy, balanced diet. Loading up on tasty fruits and vegetables and choosing lean meats while exercising portion control are good starting points. Overall, the day offered great information and a future tour is being planned.

MOVE! is an evidence-based, patient-centered weight management program with a comprehensive focus on behavior, nutrition, and physical activity. It is designed to help Veterans lose weight, keep it off and improve their health. Any Veteran interested in participating should call 610-384-7711, extension 4239 for more information.

## Quitting Smoking is Hard ...

Your providers at Coatesville VA Medical Center know this and are offering new resources to help you stop thinking about quitting smoking and finally DO IT! All VISN 4 medical centers will now offer the Quit for Life program to Veterans and employees. The program offers a combination of medication support, phone-based behavior coaching, web-based learning and other support tools. This method is at least eight times more effective than quitting "cold turkey". All employees who are interested should contact Eric Egert at extension 6206. There is no better time than today to think about your future. For more information about the Quit for Life program, please visit [www.freeclear.com/quit-for-life](http://www.freeclear.com/quit-for-life)

Employee Name:		Years of Service:		Good Bye & Good Luck to our Retirees	
William Rank	41	Beverly Blake	32	Irma Matthy	22
Patricia Burgess	39	Cynthia Thomas	29	Camela Previte	20
Andrew Pahountis	37	Shirley Leszczynski	27	Patricia Panik	10
Gregory Lewis	36	Cheryl Killinger	26		

## Employee of the Month

June:	July:	August:	September:
Stephanie McFadden	Marsha Williams	Angela McCarroll, PhD	Patricia Biddulph

## Supervisor of the Month

June:	July:	August:	September:
Karie Duke	Danielle Bowers, PhD	Sheila Chellappa, MD	Patricia Smith

## SERVICE AWARDS

Congratulations to the following employees who have been recognized for 20 or more years of service between June and October.

### 20 years:

Roberta Calhoun  
Edward Foster  
Edward Grzenda  
Julia Hammond  
Andrew Henry  
Carol Hesser  
Jerry Lamons  
David Mahaney  
David O'Leary  
Wendy Sherwin  
Lamont Timmons  
Amy Willis  
Tony Wolfgang  
Belinda Young

### 25 years:

Michael Abrams  
Susheil Gomer  
Ravona Griffin  
Reena Hanspal  
Jack Hollingsworth  
Zelda Mayo  
Lewis McCullough  
Louise Smith  
Phyllis Twyman

### 30 years:

Wanda H. Brown  
Yvonne Calloway-Baker  
Barbara Domsohn  
Cynthia Domsohn  
Mary Haines  
Lucille Hammond  
Nelson Hicklen, Jr.  
Bruno Iozzo  
Edward Jones  
Teresa Martin  
Jane Meyer  
Joseph Owens  
Constance Parker  
Nancy Reece  
Dianne Rice  
Brian Robinson  
Timothy Trolie

### 35 years:

Donna Burgess  
Woodrow Hamilton  
Jacqueline McCloud  
Maryann McCunney  
Sandra Simmons  
Vince Taylor

### 40 years:

Cynthia Daniel  
Stephen Dizel  
Roberta London  
Sharon Weaver

The Eagle is published quarterly for the employees of the Coatesville VA Medical Center.

Please address suggestions, comments, or story ideas to: Kathleen Pomorski X4203 or [kathleen.pomorski@va.gov](mailto:kathleen.pomorski@va.gov). The editor reserves the right to make changes and/or edits to any submission chosen for publication.

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